



VIDEO LESSON 10

PERMISSION & GRANTING- TOESTEMMING& GUNNEN

Om jezelf toestemming te geven
is om los te breken van de
kindertijd beperkingen!

To give yourself permission is to
break free from childhood's
restrictions!



GRANTING- & GUNNEN

Granting yourself something is
wishing your desires upon you!

We will cover this in video 11!

Jezelf iets gunnen is het jezelf toe
wensen van je verlangens!

We zullen dit behandelen in
video 11!



TO GIVE YOURSELF
PERMISSION
JE ZELF TOESTEMMING GEVEN

Dit bevrijdt je onderbewustzijn
van het verleden toen je geen
toestemming kreeg!

This is freeing your
subconscious mind of the past
when you were not given
permission!



TO GIVE YOURSELF
PERMISSION
JE ZELF TOESTEMMING GEVEN

Permission to act crazy, scream,
dance, shout, to be outrageous!

Toestemming om gek te doen,
schreeuwen, dansen,
schreeuwen, uitbundig te zijn!



TO GIVE YOURSELF
PERMISSION
JE ZELF TOESTEMMING GEVEN

Als gevolg daarvan begon je
jezelf in te houden in de
expressie van je zelf!

As a consequence, you started
holding back in your expression
of self!



TO GIVE YOURSELF
PERMISSION
JE ZELF TOESTEMMING GEVEN

Now you must grant yourself
permission to be you, to be
happy, abundant, healthy and
fulfilled!

Nu moet je jezelf toestemming
geven om jezelf te zijn, om
gelukkig, overvloedig, gezond en
voldaan te zijn!



GRANTING-GUNNEN

By giving ourselves permission to have our desires we open the gates of manifestation.

Door onszelf toestemming te geven om onze verlangens te hebben openen we de poorten van manifestatie.

What desires would you like to give yourself permission to have?

Welke verlangens wil je jezelf toestemming geven om te hebben?



TRIGGER-SENTENCE 10

Ik geef mezelf alle toestemming om al mijn harten wensen te manifesteren!

I give my self all permissions to manifest all my heart's desires!!

I am free to enjoy my life's experience to the fullest!

Ik ben vrij om met volle teugen van mijn levenservaring te genieten!

**PERMISSION
REQUIRED**

ANSWER THE FOLLOWING QUESTIONS ON PAPER!
BEANTWOORD DE VOLGENDE VRAGEN OP PAPIER!





WHAT DO YOU GIVE YOURSELF PERMISSION TO HAVE? BE SPECIFIC.
WAT GEEF JE JEZELF TOESTEMMING TOE OM TE HEBBEN? WEES SPECIFIEK.



WHAT ELSE? BE SPECIFIC.
WAT NOG MEER? WEES SPECIFIEK.

DO YOU
FEEL MORE
FREE?

VOEL JE JE
VRIJER?

**YOU
HAVE
PERMISSION.**

GIVE YOURSELF
PERMISSION TO BE
HAPPY, HEALTHY &
SUCCESSFUL.

GEEF JEZELF
TOESTEMMING OM
GELUKKIG, GEZOND
& SUCCESVOL TE
ZIJN.



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Success is a Journey,
Enjoy the Ride!



WORDS OF SUCCESS | INSTAGRAM

**DO WHATEVER IT TAKES
TO BE THE BEST VERSION
OF YOURSELF.**

I give myself
permission to
manifest and have it
all with grace, ease
and joy! Ik geef mezelf
toestemming om alles
met gratie, gemak en
vreugde te
manifesteren &
hebben!

REPEAT-HERHAAL



WORDS OF SUCCESS | INSTAGRAM
**DO WHATEVER IT TAKES
TO BE THE BEST VERSION
OF YOURSELF.**

I give myself
permission to
manifest and have it
all with grace, ease
and joy! Ik geef mezelf
toestemming om alles
met gratie, gemak en
vreugde te
manifesteren &
hebben!

QIP STEP2:
THE
SOLUTION
DE
OPLOSSING



Ik heb toestemming om te
manifesteren en dat zal ik ook doen!

I have permission to manifest and so
I will!

HAVE YOUR FLOWCHART READY!

HOUD JE FLOWCHART KLAAR!

Quantum Multiverse®



QUANTUM INTEGRATION PROTOCOL (QIP)©

PHOENIX RISING CHALLENGE by Drs. Joy & Roy Martina

Quantum
Multiverse

STEP 1. State the Problem (P), write it down or State the Limiting Belief (P) you want to change and write down what Empowering Belief you want to have instead.
STEP 2. If there is an emotion give it a number 0-10 (0 all is well, 10 is most intense you can imagine).
STEP 3. Set your intention to transform (P) into Power.
STEP 4. Follow TAP-sequence.
STEP 5. Repeat Protocol with (P) -> from STEP 2 until all is cleared (Emotion is 0)

Switch FIRE Karate Chop	(P) I want to be the creator of my life's experience and be the best version of me with grace, ease and love! (P) I always want to be the creator of my life's experience and be the best version of me with grace, ease and love! (P) I always want to effortlessly release all limiting beliefs, resistance and any sabotage that holds me back to be the creator of my life's experience!
Upper lip FIRE	(P) I will be effortlessly over this (P), now, completely, permanently and forever!
Switch FIRE Karate Chop	(P) I want to be even better than before & create my life's experience with grace, ease and joy! (P) I always want to be even better than before & create my life's experience with grace, ease and joy! (P) I always want to be even better at effortlessly releasing & transforming all limiting beliefs, resistance and all sabotage that holds me back to be the creator of my life's experience!
Chin FIRE	(P) I am over this now, and I believe 100% that I am the creator of my life's experience! (P) I am completely and forever over this (P) and more in my power of creating my life's experience! (P) I am completely releasing this (P) forever, with grace, ease and joy! (P) I am completely releasing all resistance, limiting beliefs, sabotage & all that no longer serves me to create my life's experience with grace, ease and joy!
Middle Finger FIRE	(P) I have always been over this (P) & more connected to my power of creating my life's experience! (P) I have always been completely over this (P) & more connected to my power of creating my life's experience! (P) I have always been great at transforming all my (P's), all my resistance, all my sabotage & all that no longer supports me to create my own life's experience with grace, ease and joy!

NOW LET'S
START
WITH THE
QIP.

*LATEN WE
BEGINNEN
MET DE QIP.*



LET'S GET
STARTED



• WE •
• GAAN •
BEGINNEN

VISUALIZATION
HANDS ON
HEART



VISUALISATIE HANDEN OP JE HART

A close-up photograph of a person's face, focusing on their closed eyes. The person has light skin and well-defined, arched eyebrows. Their eyelashes are dark and appear to be coated with mascara. The text "CLOSE YOUR EYES" is written in a purple, serif font, and "SLUIT JE OGEN" is written in a yellow, serif font, both centered over the eyes.

CLOSE YOUR EYES
SLUIT JE OGEN

OPEN JE OGEN
OPEN YOUR EYES



**OPTIMALLY
REPEAT THE QIP
THREE MORE
TIMES-
OPTIMAAL DE
QIP DRIE KEER
HERHALEN**



REPEAT

COMMITMENT
3
AFSPRAAK 3



NO EXPECTATIONS & NO ASSUMPTIONS.
GEEN VERWACHTINGEN & GEEN
AANNAMES.

COMMITMENT
3
AFSPRAAK 3



NO ASSUMPTIONS

GEEN AANNAMES

COMMITMENT

3

AFSPRAAK 3



PAY ATTENTION TO HOW MANY
ASSUMPTIONS YOU MAKE ABOUT PEOPLE!
BESTEED AANDACHT AAN HOEVEEL
AANNAMES JE MAAKT OVER MENSEN!

COMMITMENT

3

AFSPRAAK 3



ASK QUESTIONS & GATHER INFORMATION
& CHECK YOUR ASSUMPTIONS!
STEL VRAGEN & VERZAMEL INFORMATIE &
CHECK JE AANNAMES!



COMMITMENT 3

AFSPRAAK

DISCUSS WITH YOUR
BUDDY ABOUT
ASSUMPTIONS YOUR
ROUTINELY MAKE.

BESPREEK MET JE
BUDDY OVER
AANNAMES DIE JE
ROUTINEMATIG
MAAKT.

AT THE END OF
OUR JOURNEY
WE'LL FEEL IT!
AAN HET EINDE
VAN
ONZE REIS
ZULLEN WE HET
VOELEN!

WE
ARE
ONE

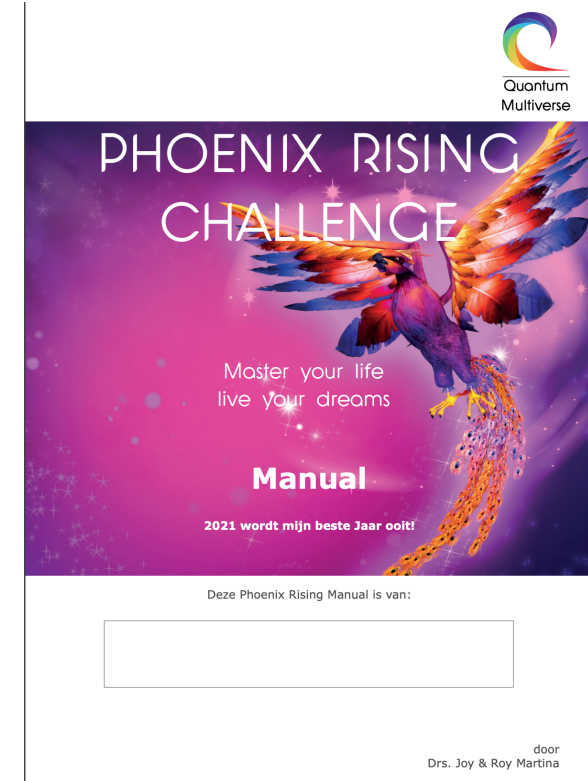
GAP 2018

START TO FILL IN YOUR MANUAL

Check your 2 pages & add anything else!

Check je 2 pagina's & voeg wat je mist toe!

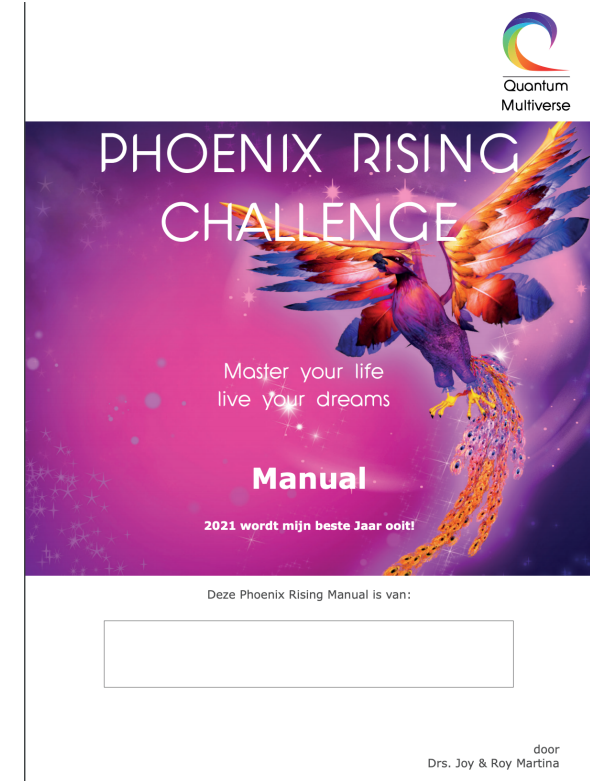
Page 1: My Old self (Mijn oude Zelf). Page 2 My Quantum ID.



START TO FILL IN YOUR MANUAL

Tomorrow you will get video
with instructions

Morgen krijg je instructies



You Know Your Stuff

YOU KNOW WHAT TO DO! JE WEET WAT TE DOEN!

WAKING UP
WAKKER WORDEN

AM INTENTION

AM INTENTIE



TAP YOUR ACU-
POINTS WITH
CURRENT
PROBLEM-

TIK OP UW
ACU-PUNTEN
MET HET
HUIDIGE
PROBLEEM-



LISTEN
OPTIMALLY 3X
TO SHORT
MEDITATION.

LUISTER
OPTIMAAL 3X
NAAR KORTE
MEDITATIE.



SLEEPY TIME SLAAP TIJD



1.. FALL ASLEEP WITH PM-AUDIO
1.. IN SLAAP VALLEN MET PM-
AUDIO

.

SHARE YOUR
EXCITEMENT
&
COMMITMENT
IN THE
GROUP.



DEEL JE ENTHOUSIASME &
COMMITMENT IN DE GROEP.



STAY FOCUSED

IT IS YOUR LIFE! HET IS JOUW LEVEN!



Ensueño de Amor

SEE YOU
TOMORROW

Hasta mañana

TOT MORGEN